



From Mr. Trent Citrano, Head of School



Since the beginning of Term 2, our students have had a great variety of learning experiences and school events such as Water Play Day, the PTA Family Fun & Picnic Day, the MIS Rice Paddy Harvest, the New Zealand Schools Visit, and most recently Sports Day. These experiences will be everlasting memories that we can all share as a community. You can see photos and explanations of these learning experiences and events throughout this edition of Nanohana.

I want to thank all of the parents who were able to come out to the PTA Family Fun Day & Picnic and Sports Day with their children. It was heart warming to see you watching your child have fun experiencing something new, mingling together with other parents, and to hear you cheering on your children as they competed with their House Teams.



Our New Zealand School Visit once again proved to be a meaningful and engaging cross-cultural experiences for both our students and theirs. 60 students and 10 principals from schools in the Waikato region of New Zealand spent the day alongside MIS students across the grades to share new experiences and make new connections. The Opening Ceremony for the day is always a highlight with the New Zealand students performing the haka and principals sharing interesting aspects of Maori culture. This year's ceremony was

particularly special as all of our students performed a Japanese song about autumn Momiji in perfect harmony to our New Zealand visitors. We were impressed at how closely all of the students came together during each of the activities throughout the day.

I want to celebrate our MIS Student Council Representatives. Not only to they bring forward ideas from their classmates about how to make our school a better place and serve during events when called up, but they also plan for our Student Council-sponsored Spirit Days.



On these special days, students and staff who want to wear free-dress and participate donate at least 100yen to the Red Feather Campaign – an organization that supports people in need throughout Japan. I am proud to share that as a result of their hard work and dedication to raising school spirit and being responsible global citizens, this year our Student Council donated 387,110 yen to the Red Feather Campaign! This money will go a long way to make many people's lives better.

## Upcoming Events

**Monday 06 October**

G3&4 Swimming - 1pm

**Wednesday 08 October**

G3&4 Swimming - 1pm

**Friday 10 October**

Music Recitals

**Monday 13 October**

National Sports Day  
No School

**Wed-Fri 15-17 October**

G5 Residential Trip

**Friday 17 October**

G3G Class Assembly - 1pm

**18-26 October**

Half Term Holiday  
No School

**Monday 27 October**

Change to Winter Uniform

**Tuesday 28 October**

Tsunami Evacuation Drill  
PTA Meeting – 12:15pm

**Wednesday 29 October**

G3&4 Swimming - 1pm

**Friday 31 October**

G4 Science Sleepover





From Mr. Anthony Hall, Deputy Head of School



Greetings from MIS. As teachers, we reflect on how children arrive in class each morning. Are they eager and alert, or weary and unable to engage. Central to that contrast is the quality of their sleep. Daily activities like after-school clubs, screen use, and study can mean children go to bed later and sleep less. We must remember: sleep is not just downtime. As pediatric sleep experts emphasise, children's brains and bodies depend on regular and sufficient rest to function optimally. Without it, their capacity for attention, memory, and emotional regulation is diminished, leaving them less ready to engage with learning.

Sleep does more than give children rest. When children sleep, their brains make strong memories of what they learned during the day. Their bodies also grow, repair muscles, and fight sickness. Japan's Sleep Guidelines for Health Promotion from 2023 recommend that school-age children should sleep 9 to 12 hours every night. Younger children, aged 3–5, need even more, 10 to 13 hours. Parents and teachers notice the results: children with good sleep are calmer, happier, and ready to learn. Without enough sleep, children can feel angry, sad, or tired. They may argue more and have a harder time with friends or schoolwork. One sleep scientist, Dr. Matthew Walker, explains, "Sleep is the single most effective thing we can do to reset our brain and body health each day." ([Sleep For Parents of Young Children](#))

So how can you help your child to get the most from their sleep? Reading a story together, turning off bright lights, and not using phones or tablets one hour before bed can all help to set the mood for a good night's sleep. Going to sleep and waking up at the same time every day, even on weekends, also helps. The Japanese guidelines also remind us that children who sleep well have stronger attention, memory, and mood. Every family is busy, and every home is different, but small changes can make a big difference. By giving your child enough sleep, you give them the energy, focus, and positive attitude they need for success at school and happiness at home. These benefits are well worth planning for.

## HOUSE POINT TOTALS

### INCLUDING SPORTS DAY



## Grade 5 Students Harvest the Rice Paddy!



**Innovative  
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Education  
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## Kindergarten News



**K1:**  
Retelling  
The Three  
Little Pigs!



**K2:**  
Creating  
Fingerprint  
Insects in  
Environment,  
Getting  
Ready for  
Sports Day,  
and  
Practicing  
Measuring  
the Weight  
of Different  
Objects!



**K3:**  
Working on  
Grandparents  
Day Key  
Chains  
and  
Playing with  
Ooblick as  
Sensory Play!

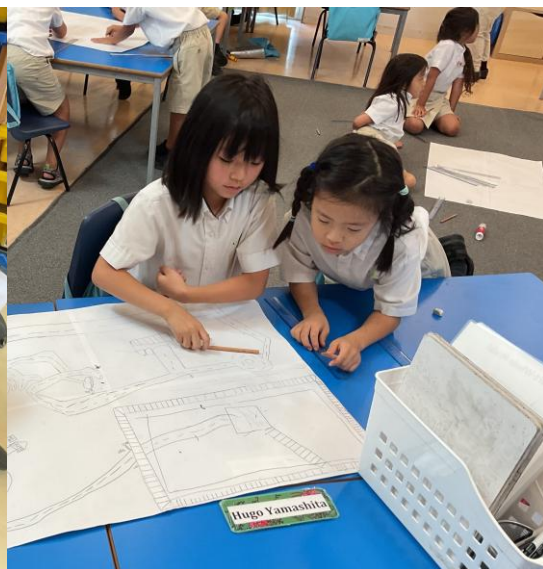
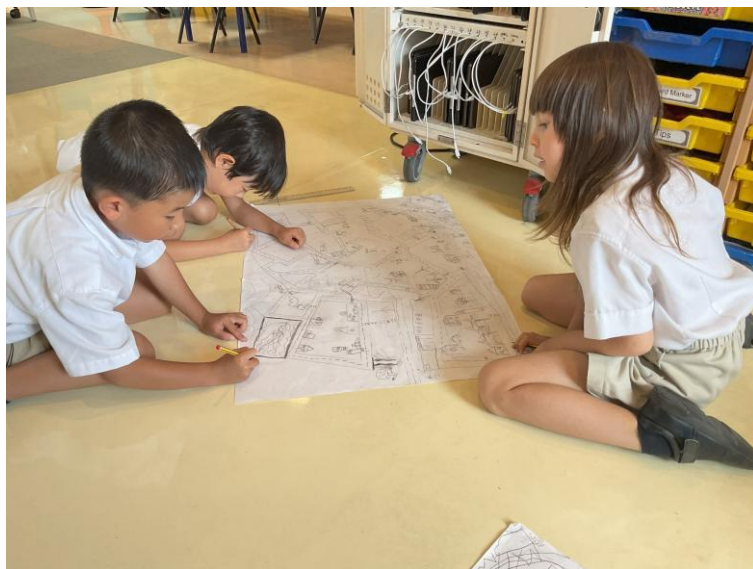






## Grade 1 Build Their Own Towns

In PSNS, Grade 1 students have been working in small groups to create their own town. Before starting their town, students learnt about the difference between a want and a need. The students carefully thought about what a town needs to have and then were able to choose some things that they wanted in their town. Now they have finished their town, they will be making brochures for their town in their English lessons.



## Grade 2 Experience Kimonos & Their Textile Patterns

Ms. Hirano from ICT joined our Art class to present on traditional kimono patterns as part of our focus on textile patterns from different cultures. The Grade 2 students enjoyed a hands-on experience, getting to see, feel, and even try on authentic kimonos, one of which was over 100 years old, while learning about the patterns and their cultural significance. This special visit made the lesson truly memorable!

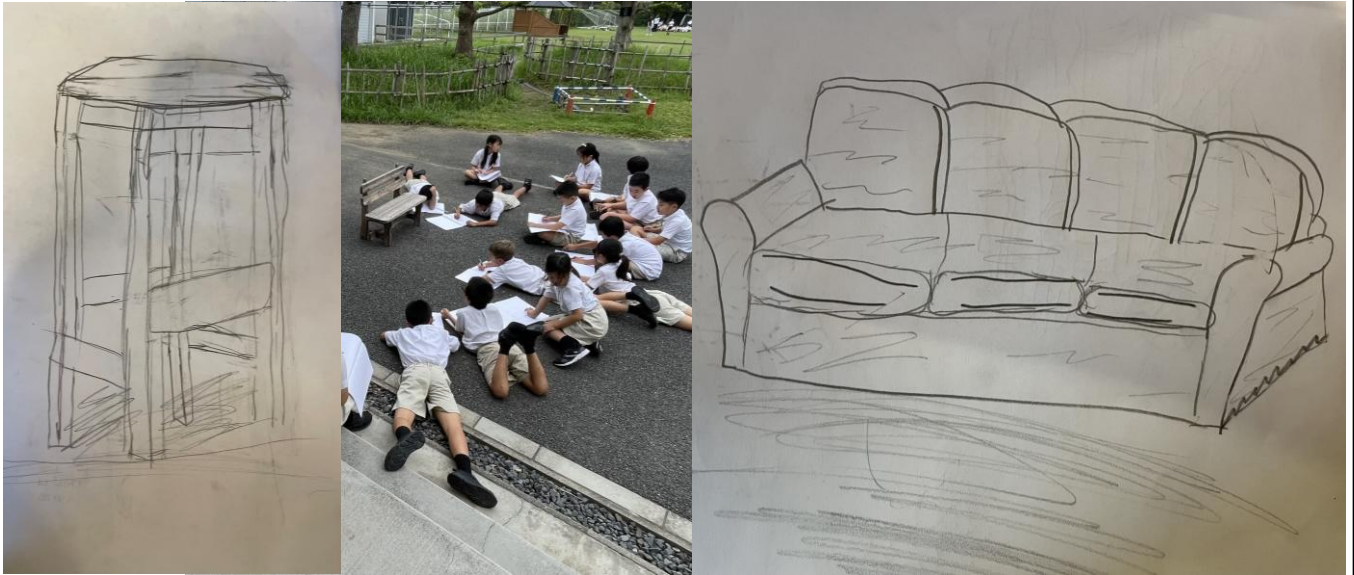






## G3 Sketch Furniture from Around the School

This month, Grade 3 explored the art of drawing furniture. Students took their sketchbooks around the school to capture couches, chairs, and stools in different spaces. The activity helped them practice observation skills and drawing perspective, bringing everyday objects to life through art.



## Grade 4 Learn Culture and Identity Through Vases

In Grade 4 Art, students are exploring containers as symbols of culture and identity. Inspired by global patterns and designs, each child is creating a vase that combines elements from their country's traditions with symbols from their personal culture, celebrating both heritage and individuality through art.





## Grade 5 Collaborate with Grade 1 to Create Soft Toys

This term Grade 5 is working with Grade 1 to design and create some soft toys. The Grade 1 students designed their toys and the Grade 5 students will use their sewing skills to make them. It was great to see the Grade 5 and Grade 1 students working so well together!



## Grade 6 Enjoy Cooking Together

Last week in Home Economics, the G6Y students made French toast! After a bit of shopping at AEON, the students worked together with their group members mixing, cutting, and frying. Students were able to use some of the new cooking equipment for the first time! Everyone took on a job and worked quickly to prepare, eat, and clean up on time. Well done to everyone!







### Grades 1 Students Get the Most Out of Studying Japanese Language and Culture

The G1 in Kokugo gave a read-aloud presentation of 'Kenka Shita Yama'. Those G1 students who are in Japanese Studies class learn Hiragana and Katakana.



## New Zealand Schools Visit!



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# Amazing Assemblies and Students of the Week!



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## Water Play Day!



## PTA Family Fun Day & Picnic!



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## Sports Day!



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